



PATCHOGUE-MEDFORD SCHOOLS

**WINTER
2024**

**ADULT EDUCATION
COURSE GUIDE**

Welcome to the Patchogue-Medford Schools Adult Education Program. It is operated on a *self-sustaining, non-profit basis* in the interest of serving the educational and enrichment goals of the school district community. We make it easy and pleasant from the moment you decide to register through the completion of your courses. The Office of Adult Education is available to answer any questions and receive suggestions for growth and improvement of the District's program. We stand behind our program and will do everything we can to make your experience memorable. Please feel free to contact us at any time.

Office of Instructional Services
241 S. Ocean Ave
Patchogue, NY 11772

Contact Information:
Katrina Pfeifer, Office of Instructional Services
Daytime Telephone: (631) 687-6351
Monday - Friday 7:30 am - 4:00 pm

Evening Telephone: (631) 687-6574
Monday - Thursday 4:00 pm - 9:00 pm

Lori Cannetti, Assistant Superintendent for Instruction
Christopher Kelly, Ed.D., Adult Education Evening Supervisor

BELOW IS THE CALENDER OF DAYS IN WHICH CLASSES COULD MEET.

		January							February						
		M	Tu	W	Th	F			M	Tu	W	Th	F		
	Wk 1	1	2	3	4	5		Wk 6	5	6	7	8	9		
	Wk 2	8	9	10	11	12		Wk 7	12	13	14	15	16		
	Wk 3	15	16	17	18	19			19	20	21	22	23		
	Wk 4	22	23	24	25	26		Wk 8	26	27	28	29			
	Wk 5	29	30	31											
		March													
		M	Tu	W	Th	F									
	Wk 9	4	5	6	7	8									
	Wk 10	11	12	13	14	15									
		18	19	20	21	22									
		25	26	27	28	29									

☐ Days classes can meet

☐ Days classes CANNOT meet

REGISTRATION AND IMPORTANT CLASS INFORMATION

The Board of Education provides Adult Education as a community service.

ELIGIBILITY - All persons who are 18 years or older may register for the adult continuing education program. Registrants are advised to check with their physicians should there be any questions as to their ability to participate in a specific activity.

SENIOR CITIZENS - Senior Citizens age 62 and over who are residents of the Patchogue-Medford School District may receive a \$5.00 discount on courses on a space available basis. Please submit a copy of your driver's license or proof of residency and age with your registration to receive your discount.

REFUNDS - Refund requests need to be requested in writing and will not be permitted one week prior to the start of classes with the exception of extenuating circumstances. Registration fees will be refunded only if a class is cancelled or if there is insufficient enrollment.

Confirmations of receipt will not be sent. You will only be notified of a cancelled or full class.

OUT-OF-DISTRICT RESIDENTS - Please add an additional \$15.00 to each class registration fee. Example: Class Fee = \$75.00, Out-of-District Resident fee = \$90.00.

CANCELLATIONS - Courses will cancel one week prior to class start date for insufficient enrollment, so please register early!

NO SMOKING - Smoking is not permitted anywhere in the school or on the school grounds at any time.

SECURITY - All participants should enter through the main entrance of the building.

FIRE ALARMS - In the event a fire alarm is sounded, the building must be vacated. There are no exceptions. Directions to emergency exits are posted in each classroom.

BAD WEATHER - If schools are closed, Adult Education classes will not meet. Up-to-date information regarding inclement weather or other emergencies can be found by accessing the following sources: **School Closing Info Line - 631-687-6400**, TV Channel 12 News or www.News12.com, FIOS 1 News or www.fios1news.com and the following radio stations: WALK (97.5FM, 1370AM), WBLI (106.1 FM), WBAB (102.3 FM), WHLI (1100 AM), WBZO (103.1 FM), WIGX (94.3 FM). Cancelled sessions will be rescheduled if possible.

PARKING - Parking regulations at the high school require that vehicles park in marked stalls. Parking is prohibited in any fire zone, and along the curb next to the building. Handicapped parking is available in the front parking lot as well as the north parking lot. Illegal parking is subject to towing at owner's expense.

MATERIALS FEE - Some classes require a materials fee that is payable directly to the instructor on your first night of classes. This is noted in the class description.

PHYSICAL ACTIVITIES - The Board of Education does not insure participants in community education classes. All participants are advised to consult their family physicians before participating in any classes that require physical exertion or a change in lifestyle.

REGISTRATION INFORMATION:

Registration forms can be found on the last page of this brochure. Use a separate registration form and submit a separate check or money order for each course and each individual attending a course. Checks must be made out to "**Patchogue-Medford Schools.**" Mail registration forms to the following address:

**Office of Instructional Services
District Office
241 S. Ocean Ave
Patchogue, NY 11772**

Please include your telephone number on your check.

Registrations will be accepted up to the first day of class as long as there are openings in the class and it has not been cancelled due to low enrollment. ***Students will only be notified if a course will NOT run.***

The Patchogue-Medford School District does not endorse or sponsor any of the organizations associated with the activities.

Weight Training & Calisthenics (Tuesday & Thursday)

This program is open to both men and women. The first part of the class is devoted to 45 minutes of calisthenics and stretching. Immediately following the warm-up, there will be instructions in the weight room. The course will teach weight training fundamentals using Nautilus cables, free weights, exercise bikes, climbers, and treadmills. Please wear appropriate attire and bring an exercise mat. This course meets twice a week on Tuesday & Thursday.

Instructor: Lynn Lopez
Dates: Tuesday, January 2nd & Thursday, January 4th (10-week program)
Times: 6:30 pm to 8:30 pm
Cost: \$100.00
Location: Patchogue-Medford High School – Weight Room

Advanced/Intermediate Volleyball

This course is only for players who understand the rules of volleyball and have the required skills of setting, bumping, hitting and serving. This course is for those who enjoy competitive volleyball and understand the concepts of offensive and defensive teams. Teams will be set up each night based on skill level to make the games fun and competitive. If you want a good workout and a stress-free environment to enhance your skills, this course is for you. LIMIT OF 30 STUDENTS

Instructor: Steve Smith
Dates: Wednesday, January 3rd (10-week course)
Times: 6:30 pm to 9:00 pm
Cost: \$80.00
Location: Saxton Middle School – Gym

Men's Basketball – Tuesday - Session I

Get in shape while having fun. Full-court basketball will start slow and finish quickly! This class is limited to 20 students per session.

Instructor: Anthony Borrelli
Dates: Tuesday, January 2nd (10-week course)
Times: 6:00 pm to 7:30 pm
Cost: \$70.00
Location: Saxton Middle School – Gym

Men's Basketball – Tuesday - Session II

Get in shape while having fun. Full-court basketball will start slow and finish quickly! This class is limited to 20 students per session.

Instructor: Anthony Borrelli
Dates: Tuesday, January 2nd (10-week course)
Times: 7:30 pm to 9:00 pm
Cost: \$70.00
Location: Saxton Middle School – Gym

Entrenamiento con pesas y calistenia (martes y jueves)

Este programa está abierto tanto a hombres como a mujeres. La primera parte de la clase está dedicada a 45 minutos de calistenia y estiramientos. Inmediatamente después del calentamiento, habrá instrucciones en la sala de pesas. El curso enseñará los fundamentos del entrenamiento con pesas utilizando cables Nautilus, pesas libres, bicicletas estáticas, escaladores y cintas de correr. Por favor, use ropa adecuada y traiga una colchoneta de ejercicios. Este curso se reúne dos veces por semana, los martes y jueves.

Instructora: Lynn Lopez
Fechas: Martes 2 de enero y jueves 4 de enero (programa de 10 semanas)
Horario: 6:30 pm a 8:30 pm
Costo: \$100.00
Lugar: Patchogue-Medford High School – Sala de pesas

Voleibol Avanzado/Intermedio

Este curso es solo para jugadores que entienden las reglas del voleibol y tienen las habilidades requeridas de colocar, golpear, golpear y servir. Este curso es para aquellos que disfrutan del voleibol competitivo y entienden los conceptos de equipos ofensivos y defensivos. Los equipos se configurarán cada noche según el nivel de habilidad para que los juegos sean divertidos y competitivos. Si quieres un buen entrenamiento y un ambiente libre de estrés para mejorar tus habilidades, este curso es para ti. LÍMITE DE 30 ALUMNOS

Instructor: Steve Smith
Fechas: Miércoles 3 de enero (curso de 10 semanas)
Horario: 6:30 pm a 9:00 pm
Costo: \$80.00
Ubicación: Escuela Secundaria Saxton – Gimnasio

Baloncesto Masculino – Martes – Sesión I

Ponte en forma mientras te diviertes. ¡El baloncesto de cancha completa comenzará lento y terminará rápidamente! Esta clase está limitada a 20 estudiantes por sesión.

Instructor: Anthony Borrelli
Fechas: Martes 2 de enero (curso de 10 semanas)
Horario: 6:00 pm a 7:30 pm
Costo: \$70.00
Ubicación: Escuela Secundaria Saxton – Gimnasio

Baloncesto Masculino – Martes – Sesión II

Ponte en forma mientras te diviertes. ¡El baloncesto de cancha completa comenzará lento y terminará rápidamente! Esta clase está limitada a 20 estudiantes por sesión.

Instructor: Anthony Borrelli
Fechas: Martes 2 de enero (curso de 10 semanas)
Horario: 7:30 pm a 9:00 pm
Costo: \$70.00
Ubicación: Escuela Secundaria Saxton – Gimnasio

WINTER Adult Education Registration Form 2024

Submit a separate check and form for each course and person registering (ages 18 & over).

Make checks payable to: **Patchogue-Medford Schools** (no staples please).

MAIL TO:

Patchogue-Medford Schools
Office of Instructional Services
241 S. Ocean Ave
Patchogue, NY 11772

Last Name _____ First _____

Address _____ City _____ Zip _____

Cell / Home Phone _____ E-Mail Address _____

Course _____ Fee _____ Day _____ Time _____

NON-RESIDENTS PLEASE ADD AN ADDITIONAL \$15 PER COURSE.

Senior Citizens requesting a \$5.00 discount must submit a copy of your driver's license or proof of residency and age with your registration.

PLEASE NOTE: CONFIRMATIONS WILL NOT BE SENT. You will only be notified of a cancelled or full class.

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(631) 687-6351

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